Health Clinic Schedule

Friday, January 4, General Immunization Clinic - 8:30 - 12 Noon, 14 p.m.

Tuesday, January Maternity Clinic - 11 a.m. Wednesday, January 9, Mental Health Counseling Alcoholism Counseling, Call 649-3531, For appointment Friday, January 11, - Mental Health Clinic, BY AP-POINTMENT ONLY Friday, January 11,

General Immunization Clinic -8:30 - 12 Noon, 1-4 p.m. Monday, January 14, General Immunization Clinic -Rudisill Clinic

Mental Health Counseling Alcoholism Counseling, Call 649-3531 For appointment. Monday, January 21, Mental Health Clinic, BY AP-POINTMENT ONLY

Tuesday, January 22,

Wednesday, Januaryt 16, -

Family Planning Clinic, BY APPOINTMENT ONLY Wednesday, January 23, Mental Health Counseling Alcoholism Counseling, Call 649-3531 For appointment Friday, January 25, General Immunization Clinic, 8:30 - 12

Friday, January 25, Nurse Screening Clinic, BY AP-POINTMENT ONLY. Wednesday, January 30,

Mental Health Counseling, Call 649-3531 For appointment

At all General Immunization Clinics, protection available against diphtheria, Poliomyelitis, whooping cough, tetanus (lockjaw), measles, rubella, and smallpox. Blood Testing and tuberculin skin testing are also available at the General

4-H Shrubbery

SKIING IN CANADA

Talk about mountains, resorts, a four or five month season with long runs and short lift lines and most likely you're talking about skiing somewhere in Canada, but where in Canada"

British Columbia's coastal range claims such notable ski sites as Whistler Mountain, Grouse and Seymour right at Vancouver with Gibson Pass, Hemlock Valley in the nearby Cascades Okanagan Valley's Big White

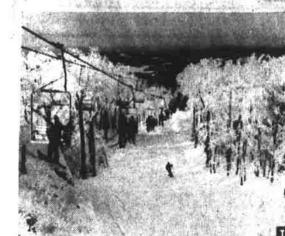
Silver Star and Apex Alpine and Tod Mountain compete with Rossland's Red Mountain and Kimberley, Fair mont Hot Springs and Snow Valley in the Kootenays.

Alberta's Canadian Rock ies feature Banff and Jasper as the main ski towns fo four major areas with Banfi as the operational center for the fabulous helicopter skiing in the Bugaboos. Cariboos and nearby Kan anaskis Range. Eastward to the ski city

western Ontario such lofty addresses as Mount Baldy, McKay, Norway, Loch Lomond and Candy Mountain have a familiar ring to midwestern skiers. They're all within 20 miles of town so take a week and ski 'em all In central Ontario, Georgian Peaks, Blue Mountain and Talisman offer ski week vacations to the long distance winter visitor.

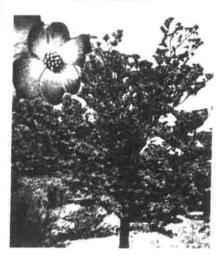
of Thunder Bay in North

Ottawa's Gatineau Hills start with the huge Camp Fortune ski complex only 12 miles from the city center to 60 miles from

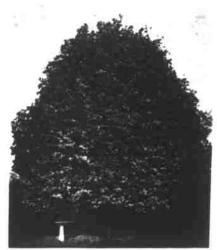


Sales **During January**

RED AZALEA



PINK FLOWERING DOGWOOD



SUGAR MAPLE



RED CRAPE MYRTLE

PLANT	COST
Dogwoods - Pink, 30-36"	¹ 2.50 ea.
White, 3-4'	2.00 ea.
Maple - Japanese Red Leaf, 12-15"	3.00 ea.
Sugar (Whip), 3-4'	2.00 ea.
Red (Native Red), 3-4'	2.00 ea.
Birch - Clump White, 3 stem, 3-5'	4.50 ea.
Chinese Chestnut, 2-3'	1.00 ea.
Red Bud, (Native), 3-4'	1.50 ea.
Flowering Crab Apple - Radiant Flowering, 3-4'	1.50 ea.
Azaleas - RedWhiteLavender, 10-12"	
(In 1 gallon containers)	2.00 ea.
Yews - Taxus Spreading, (In 1 gallon containers)	2.00 ea.
Taxus Upright, (In 1 gallon containers)	2.00 ea.
Holly - Burfordi Holly, (In 1 gallon containers)	2.00 ea.
Hetzi, (In 1 gallon containers)	2.00 ea.
Dwarf Rotunda, (In 1 gallon containers)	2.00 ea.
Crape Myrtle - RedPurple, 2-3'	1.50 ea.
Rhododendron - RedPurplePink	
12" spread (In 1 gallon containers)	4.00 ea.
Nandina (In 1 gallon containers)	2.00 ea.
Forsythia - Golden Bell, 2-3'	2.00 ea.
Weigelia, Red, 2-3'	2.00 ea.
White Pine, 3 years old	.25 ea.

Supply is limited and orders will be filled on a first-received first-served basis. Pay for the plants at the time of pick-up. The expected date of delivery for these plants will be early March. You will be notified by mail of the exact time and place of pick-up.

10 or more

Take advantage of the economical source of planting materials for landscaping your homes while the proceeds go to supplement the 4-H organization in Madison County.

Orders may be given to 4-H members in your community or you may call the Extension Office (649-2411) or mail your order to P.O. Box 336 Marshall, N.C. 28753

SHRUBBERY WILL ARRIVE IN EARLY MARCH

MADISON COUNTY 4-H MEMBERS WISH TO THANK THE FOLLOWING SPONSORS OF THIS ADVERTISEMENT

Citizens Bank Northwestern Bank Coal, Feed & Lumber Co.

First Union Bank O.A. Gregory, Inc.

.10 ea.



MOUNTAIN ASH



CRIMSON KING MAPLE



THUNDERCLOUD PURPLE LEAF PLUM



JAPANESE FLOWERING CHERRY



hamlet of Wakefield, Quebec. America.

A winter ski vacation in the fabled Québec Laurentians is an annual tradition with many senior skiers. just as they prove to be an exciting discovery for a host of newcomers every Rocks, Sun Valley, Mont Gabriel, Chantecler, La Reserve are only a few of the names that convey good

varying distances in between Bromont, Mont Echo and Vorlage, Edelweiss Valley Owl's Head are now known and the newly opened Mont and enjoyed by skiers Cascade all near the alpine throughout eastern North The world traveler en

visions Québec City as a city of gourmet food, fine wines in an atmosphere of old world elegance. Add the huge Mont-Ste-Anne ski center only 27 miles away, year Mont Tremblant, Gray or the quiet sophistication of Lac Beauport and you have a winter holiday with

Your first step in plan times and great sking on to write Department "Ski, ning a ski week vacation is Canadian Government Trav Ski East means Quebec el Bureau, 150 Kent Street, Eastern Townships just Ottawa K1A OH6, Ontario north of the Vermont border Specify "east" or "west" or southeast of Montreal, and detailed information on High mountains and deep Canada's major ski resorts snow are Ski East trade- will be yours for the asking.

EPILEPSY MORE COSTLY THAN MANY REALIZE

kind, the Epilepsy Founda- earnings. Obviously, the longtion of America has issued a range returns greatly out report on this costly condi-tion which afflicts four mil-lncreased participation in ion Americans. The study, the economic order would an attempt to provide some be paralleled by heightened understanding of the scope personal satisfactions." of the economic implica- Mr. Holland, who made tions, revealed the awe the official announcement some annual figure of \$4.25 of the Epilepsy study re-billion. sults, has been a lawyer



main vehicles of change are

rehabilitation and research As a developmental disfrom the diagnostic work up, victims. In addition to this through maintenance drug money contributed by al-therapy with medical monimost 966,000 persons, many toring, to social adjustment other thousands volunteered often demanding the services their time to provide servof psychologists, social work- ices to people with epilepsy counselors

"It has been estimated." for each \$1.00 spent for serve to ultimately reduce rehabilitation, \$8.00 is re-the-cost to the nation.

In the first study of its turned in increased lifetime

Fortunately, according to in private practice in Califor-Paul D. Holland, President nia since 1934. A member of the Foundation, the tre- of the National Panel of mendous cost need not con. Arbitrators of the American tinue to be increased. The Arbitration Association, he also holds a membership on

the Conference Board of Pensions of the United Meth odist Church and belongs to several law societies. The total cost of epilepsy to individuals, to families and to the nation is literal ly incalculable in economic terms or in terms of human suffering and tragedies. Ear

lier estimates approximated a cost of \$7 billion, and that figure may well be a reason ably accurate one. This par ticular study, however, con centrated on figures that were readily verifiable. Although not included as a cost in this report, the Epilepsy Foundation of America and affiliates ex ability, epilepsy requires a pended \$4 million in 1972 range of attentions extending in its efforts to represent

and to promote publ efforts to improve the lives observed Mr. Holland, "that of persons with epilepsy also

The country's waiting.



Serve it with an

The Army Reserve. It pays to go to meetings.

WOODSON W. RAY, INC. INSURANCE AGENCY

Phone: 689-2015 MARS HILL, NORTH CAROLINA

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